



Volume 5, Issue 11

Arnold Schwarzenegger, Governor  
Sunne Wright McPeak, Secretary of Business, Transportation and Housing Agency  
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NOVEMBER 2004

## Engineering Services Leads a Dog's Life, All for a Good Cause

By Della Moore  
Equal Employment  
Opportunity Officer

The Division of Engineering Services (DES) has gone to the dogs -- at least since Pam Blake and "Mr. Pinard" joined the division's Administrative Services team in July.

Blake performs a valuable and rewarding service as a puppy trainer for Canine Companions for Independence (CCI), a non-profit agency that helps make independent living a reality for people with disabilities.

She trains companion dogs for the first 14 to 16 months of their life, preparing them to bond with a person with a disability. The latest "puppy in training" is Mr. Pinard, a Yellow Labrador Retriever and Golden Retriever mix.

First, a few definitions:

Companion dogs are different from guide dogs. They assist people with mobility disabilities with a variety of tasks, such as turning on lights, opening doors, picking up and carrying items. Companion dogs also alert individuals with hearing losses to important sounds, such as doorbells, alarm clocks, telephones, crying babies, smoke detectors and someone calling their name. These dogs can learn up to 70 commands!

Conversely, a guide dog guides a person who is visually impaired safely to his or her destination.

Blake's dogs are not pets. They are working dogs that are "in training." Co-



DES employee Pam Blake with Tina II, the mother of her current Canine Companion, Mr. Pinard. Photo by Ed Andersen, Caltrans HQ Photography.

workers are asked to check with Blake before petting Mr. Pinard, since he should be concentrating on his tasks. And, unlike many a family pet, Mr. Pinard is so quiet and well behaved, that he often goes unnoticed. Co-workers often don't know (or sometimes forget) that he is around.

That's the way it is supposed to be.

As a puppy raiser, Blake is responsible for the puppy's care and socialization, and for teaching it 30 commands, paying for its food, veterinary bills, and other expenses. She takes the animal everywhere she goes.

It is critical for the dog to become accustomed to many different environments and situations, including the workplace. When the puppy is about a year-and-a-half old, it is returned to a CCI training center for six to nine months of advanced training.

Upon successful completion of advanced training, the dog is ready for two weeks of team training where a person with a disability learns to work with the fully trained canine. The animals are provided virtually free of charge to the recipient.

Given the intense investment that trainers make, it's no surprise that CCI's motto proclaims, "Some people wait a lifetime for a miracle. We raise them one at a time."

After about 18 months of constant companionship, Blake gives up each dog. It is not easy -- after all, Blake is only human -- but it goes with the job. Each animal will ultimately serve a person

with a disability.

"It is the best feeling to hand over the leash to someone who really needs the dog," said Blake.

However, Blake has been able to keep one special dog -- Tina II, Mr. Pinard's mom, who as a breeder has three litters to her credit. All of Tina II's puppies enter into the CCI training program. After extensive evaluations of her temperament, health and "trainability," CCI selected Tina II for her special role. She is considered to be the "best of the best."

Of course, none of this could occur without the help and encouragement of management. Pam started her Caltrans career in the Division of Human Resources, where she worked for Sue

*Dog's Life*

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## Caltrans Bridge Painting Crew Pulls Together to Help Save a Life

Caltrans Unit 687, a group of Structural Steel Painters working out of Oakland, started work early one August morning by placing warning cones along Highway 101 to caution drivers about the dangers of maintenance work ahead.

It was the routine beginning of another workday.

However, things would change quickly. The unit, temporarily assigned to a job in Albion just south of Fort Bragg, could never have suspected how directly involved crew members would become in saving a man's life.

The crew of a dozen has been involved all summer and into the autumn in a lengthy painting project at Salmon Creek Bridge. Although based in the Bay Area, the crew was scheduled to be in District 1 from June 7 until Thanksgiving, working 10-hour days to put a new coat of paint on the bridge.

As they were putting out signs for a lane closure, a man pulled up and reported that someone had suffered a heart attack in the nearby surf.

That's when the day's priorities changed for Frank Orilla, Mark Saylor, both

Lead Structural Steel Painters, and their crew of Tony Cooper, Bill McFadden, Krystal Hardaway, Susan Williamson and Carl Baumann. They soon found themselves working with rescue, fire and law enforcement officials to help save a man's life.

As the situation developed, Saylor, Cooper and Bauman scrambled to help. Saylor immediately left to call 911, while Baumann waited for the Albion Fire Department to arrive and Cooper descended the cliff to offer any assistance he could.

An emergency medic unit soon arrived to attend to the patient on the beach, while a rescue helicopter flew in to hoist the victim onto the hill above. However, the ocean swells and the north coast's summer fog foiled that plan.

Within a few minutes the Albion crew had placed the man into the Stokes basket used for rescues, and with the help of Williamson, Hardaway, McFadden and Orilla, began lifting the victim up the cliff, a technique known as a high-angle rescue.

Once the victim had been placed on the Calstar rescue helicopter, McFadden, Hardaway, and Bauman braved the foggy weather conditions and descended the cliff once again to recover the man's belongings.

"It was a valiant and brave effort by all," said McFadden, characterizing the Caltrans contribution to the rescue as a joint effort. "There was a lot of fast thinking and teamwork that helped to save a life."

The Albion Fire Department was impressed enough to thank Unit 687 "for their able assistance during the rescue. The mem-

bers (of the unit) helped move equipment, hauled on the lines during the rescue and even went back down to the beach to retrieve gear after the rescue was completed."

The California Department of Transportation salutes Unit 687. They represent another story of Caltrans employees going beyond their normal job duties and putting the safety of the public first.



*Members of the Caltrans Structural Steel Painters Unit 687, heroes all. Photo taken by Don Tateishi, Caltrans HQ Photography.*

### ***Dog's Life***

*continued from page 1*

Mayfield, Chief, Office of Transaction Services. Sue stated that the arrangement worked out well and the dogs had a calming effect on her staff.

Robert (Bob) Buckley, Chief of DES, and Katie Berringer, Deputy Division Chief of DES Administrative Services, also support Blake, noting that her efforts

"embody the spirit of Equal Employment Opportunity (EEO)." Said Berringer, "the DES prides itself on a strong, proactive EEO Program, and is committed to supporting persons with disabilities to enjoy equal access and participation. Supporting Pam's efforts exemplifies that commitment."

Caltrans salutes CCI, Pam Blake, and the Caltrans managers who support her! Together, we are changing lives, one at a time!



## November 18 – A Great Time to Quit Smoking – Cold Turkey!



By Sally Skidgel  
Wellness Program Coordinator

Thursday, November 18th, is the Great American Smokeout Day and millions are expected to kick the habit. It's not easy to quit smoking. The average person tries to quit five to eight times before actually succeeding. But, more than a million Americans find a way to do it every year and many of them choose the Great American Smokeout Day as the time to start.

The keys to quitting are preparation and information. Many people do not have the tools to remain smoke-free unless they are fully prepared and informed. Preparation begins with a firm commitment to quit. Information can begin right here, with the "Quit Smoking Tips" below.

### Quit Smoking Tips

- Quit cold turkey. In the long run it's the easiest and most effective technique of smoking cessation.
- Do not carry cigarettes.
- Quit smoking one day at a time.

Do not concern yourself with next year, next month, next week or even tomorrow. Concentrate on not smoking from the time you wake up until you go to sleep.

- Work on developing the attitude that you are doing yourself a favor by not smoking. Do not dwell on the idea that you are depriving yourself of a cigarette. You are ridding yourself of full fledged smoking because you care enough about yourself to want to.

- Be proud that you are not smoking.
- Be aware that many routine situations will trigger the urge for a cigarette. Situations which will trigger a response include: drinking coffee, alcohol, sitting in a bar, social events with smoking friends, card games, the end of meals. Try to maintain your normal routine while quitting. If any event seems too tough, leave it and go back to it later. Do not feel you must give up any activity forever. Everything you did as a smoker, you will learn to do at least as well, and maybe better, as an ex-smoker.

- Make a list of all the reasons you want to quit smoking. Keep this list with you, preferably where you used to carry your cigarettes. When you find yourself reaching for a cigarette, take out your list and read it.

- Drink plenty of fruit juice the first three days. It will help flush nicotine out of your system.

- To help avoid weight gain, eat vegetables and fruit instead of candies and pastries. Celery and carrots can be used safely as short-term substitutes for cigarettes.

- If you are concerned about weight gain, do some moderate form of regular exercise. If you have not been exercising regularly, consult your physician for a practical exercise program that is safe for you.

- If you encounter a crisis, (e.g. a flat tire, flood, blizzard, family illness) while quitting, remember, smoking is no solution. Smoking will just complicate the

original situation while creating another crisis, a relapse into the nicotine addiction.

- Consider yourself a "smoke-a-holic." One puff and you can become hooked again. No matter how long you have been off, don't think you can safely take a puff!

- Don't debate with yourself how much you want a cigarette. Ask yourself how do you feel about going back to your old level of consumption. Smoking is an all or nothing proposition.

- Save the money you usually spend on cigarettes and buy yourself something you really want after a week or a month. Save for a year and you can treat yourself to a vacation.

- Practice deep breathing exercises when you have a craving.

- Go places where you normally can't smoke, such as movies, libraries and no smoking sections of restaurants.

- Tell people around you that you have quit smoking.

- Remember that there are only two good reasons to take a puff once you quit. You decide you want to go back to your old level of consumption until smoking cripples and then kills you, or, you decide you really enjoy withdrawal and you want to make it last forever. As long as neither of these options appeal to you—never take another puff!

The reasons for quitting are voluminous: save money, improve your health, cut your risk of heart disease, lung cancer, and numerous other diseases, smell better, look younger, clean teeth, nice breath, live longer. Avoid the trap of making excuses. They are excuses that allow you to put off quitting until the tomorrow that never comes.

To quit, you must take back control of your life from cigarettes. Take responsibility for your own health and happiness. It is you who puts the cigarettes in your mouth, and it is you who can take them out.



For individuals with sensory disabilities, this document is available in Braille, large print, on audiocassette, or computer disk. To obtain a copy in one of these alternate formats, please call or write to the Caltrans:

Public Affairs Office  
1120 N Street, Room 1200  
Mail Stop 49  
Sacramento, CA 95814  
(916) 653-5456  
(916) 653-4086 (TTY) or CRS - 711



## Employee Suggestions – Do They Merit a Second Look?



By Kari Ehrman,  
Employee Recognition Program

Just ask any of the eight employees highlighted below! These employees submitted an employee suggestion that was adopted within the last year.

Four of the recent Merit Award recipients are from the Division of Equipment. They include:

- Terence Edlund was awarded \$1,620 for his suggestion to replace mild-steel snowplow light brackets with stainless steel ones.
- Thomas Keffer suggested installing a positioning system on the C-3713 forklift and received a \$65 award.
- Miguel Anglada thought the time consuming job of wiring harnesses for tailgate spreaders could be done more efficiently by a vendor -- and received \$583.
- William R. Stearns suggested a removable license plate bracket and was rewarded \$500 for this safety minded idea.

**The other four winners were from the following districts:**

- Richard Palmer, District 2, proposed making and using adapters for existing wheel dollies to make replacing grader blades faster and safer. He received \$500.
- Glenda Daniels, District 3, suggested to the State Controller's Office that a telephone number field be included on the

Employee Action Request form. She received \$85 as well as a "thank you" certificate from State Controller Steve Westly.

- Carlos Barrientos, District 7, created an excel form that tracks the timesheets of court referrals/volunteers and received \$125 for his idea.
- Edward Newland, District 10, suggested recycling wood pallets to the Division of Procurement and Contracts (DPAC), which then assembled a task force and developed comprehensive new written procedures. For his effort, Newland received \$75.

These Merit Awards total \$3,553. Do you have a good idea?

Mail your suggestion to the Employee Recognition Program, 1727 30th Street, MS 7, Sacramento, CA 95816.

For information and forms, please visit the Employee Recognition Program's website:

[http://admin.dot.ca.gov/hr/recognition/merit\\_awards.shtml](http://admin.dot.ca.gov/hr/recognition/merit_awards.shtml) or visit the Department of Personnel Administration's website at: <http://www.dpa.ca.gov/benefits/merit/suggest-main.shtm>

## Foundation Golf Tourney Nets \$21,500 for Worker Memorial Fund

By Gene Berthelsen  
California Transportation Foundation

The California Transportation Foundation's third annual charity golf tournament held Aug. 23 at the Winchester Country Club in Meadow Vista, near Auburn, raised \$21,138.38 for the Worker Assistance and Memorial Fund endowment. The foundation will provide additional funds to increase the endowment by \$21,500.

Former Caltrans Chief Deputy Director Heinz Heckeroth, the foundation's executive officer, thanked the sponsors and participants for their contributions, which totaled almost \$40,000. The Western States Chapter of the American Concrete Paving Association and The Golden 1 Credit Union were Platinum sponsors of the event. Platinum sponsors provide a contribution of \$5,000.



Interim Director Randell H. Iwasaki drives for the pin during last year's CTF charity golf tournament.

Hansen Information Technologies was a Gold Sponsor, providing a \$2,000 contribution.

Other major sponsors included the Associated General Contractors of California, Fehr and Peers Associated, Telfer Oil, CEMEX, Shimmick Construction, R&L Brosamer, Inc., Parsons Brinckerhoff, Deloitte Consulting, SBC California, Smith Watts and Company, Dokken Engineering and MRO Engineers. A number of other companies provided cash, prizes, raffle donations or sponsored participants in the tourney.

Two flights of Caltrans golfers came in with the lowest net scores to lead the 136 golfers who participated in the tourney. First place with a net score of 58 went to Robert Reynosa,

**Golf Tourney** continued on page 6



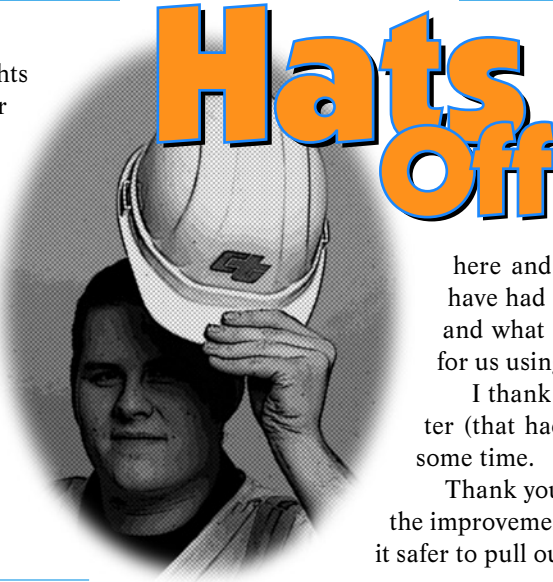
## 'Hats Off' to Caltrans Employees

On a regular basis, Caltrans employees receive appreciation letters by external customers for outstanding performance. "Hats Off" features some of these well-deserved accolades earned by employees throughout the Department. Keep up the good work! (Editor's note: Letters can be submitted to Robin Witt for possible publishing. Letters may be edited for length and continuity.)

Bijan Sartipi, District 4 Director:

We at the St. Francis Heights Association wish to express our sincere appreciation for the manner in which you so promptly and effectively mitigated the deplorable situation that existed along Southgate Avenue between Sullivan Avenue and Callan Drive. Our sincere thanks for the response and cooperation displayed by your organization.

Alvin L. Schwarzbach,  
President, San Francisco



Randell H. Iwasaki, Caltrans Director

I appreciate all of the hard work you and your crew did in improvements in front of and around my property along the road (State Highway 20) that made it so much safer to pull out of our driveways.

Your crew did such excellent work here and certainly saw what needed to be done. I have had comments on what an improvement it was and what a nice job you guys did in making it safer for us using our driveways.

I thank you very much for responding to this matter (that had caused) me a great deal of concern for some time.

Thank you so much for your help on this matter and the improvement you and your crew made here in making it safer to pull out of our driveways.

Susan Bamoradi  
Nevada City

Dear Mr. Hallenbeck, Director/District 9:

I am writing to express my gratitude to three wonderful employees that assisted me during a stressful car breakdown, which helped me immensely.

Please know that three members of the Lee Vining Crew stopped on Aug. 19 at 10:45 a.m. after seeing my smoking, broken white '92 Jeep on the side of U.S. 395, about a mile south of Lee Vining. I had the hood up, was attempting to read the manual and was extremely worried about the smoke and heat from the engine. Cars were passing so close and so fast.

An orange truck with two great guys looked at my engine, turned on the caution light on their hood, and let me use their phone to contact AAA towing and Shelley's 76 garage.

They gave me their best in terms of helping me to cool the engine, discuss diagnosing the problem and keeping me company on the roadside. Then an orange towing truck stopped behind me, with its sign signaling for passing cars to move over. This helped my stress to lower since people have been killed by being rear-ended while on the side of the highway.

After about 45 minutes, I was able to limp the Jeep to the Shelley's 76 station and cancel the tow. The Jeep engine was fried, but I was safe and on route to a resolution.

Thank you, Lee Vining crew for your terrific work and the good hearts.

Very truly yours,  
Laurie Tanner,  
Mammoth Lakes

Gregg Albright, District 5 Director:

Last spring when the new stop light was installed at Kansas Avenue and Highway 1 (in San Luis Obispo County), I found to my dismay that the length of the green light was insufficient for me to cross the highway safely on my bicycle.

For the first time in more than 10 years of making this commute by bicycle I was extremely worried about the possibility of getting hit by a car on Highway 1. After attempting it several times, I eventually called your office, and was connected to Julie Gonzales, who listened to my concerns.

Within a week I noticed a longer green light one time, but the other times it was still too short. I called Ms. Gonzales again, and she indicated that she had the signal length increased immediately after my first call, and didn't know why it has shortened again.

She arranged for another staff person, Abe Delgado, to meet me at the light on my next bicycling day. Mr. Delgado was at the signal on the appointed day, as promised. He told me that upon examining the controls, he saw that indeed the signal time had reverted to its original shorter time, and he once again increased it to a safer time for me.

I wish to thank Ms. Gonzales and Mr. Delgado for their extremely rapid response to both of my calls, and for increasing the signal length.

Lisa Wallender  
Los Osos

## Winners Announced for the 2005 "Slow for the Cone Zone" Safety Calendar



By Tamie McGowen  
"Slow for the Cone Zone" Program Manager

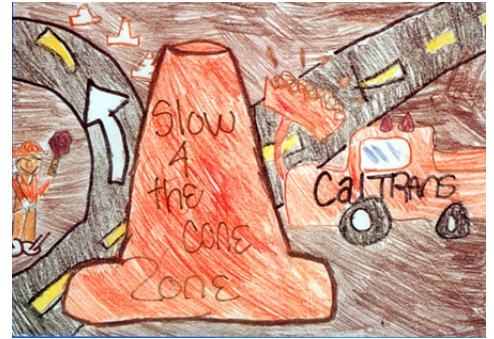
As fall casts its long shadows over shortened summer days, many of you may be anticipating the best wall calendars for 2005. Hold those orders. I have great news for all Caltrans workers!

The "Slow for the Cone Zone" Caltrans Kids calendar will be provided to all Department employees as a reminder that you are ambassadors for the highway safety campaign.

We have just determined the winners of the calendar artwork contest that is currently underway to select a "winning" entry from each District, which will represent one month in the calendar.

The artwork, created by children under 13, will convey a highly personalized message of highway safety. Each has a parent or other relative who works daily in a dangerous environment.

Their plea is simple: slow down and protect a worker in highway work zones. The message has relevance not only to Caltrans employees, but to others as well: "Slow for the Cone Zone."



The 2004 cover art winner. Submitted by Jasmine Williams.

### Winners of the 2005 Calendar Contest

<b>District 1</b> .....	Rylie Loflin, daughter of Clayton Loflin
<b>District 2</b> .....	Bradley Cureton, grandson of Steve Cureton
<b>District 3</b> .....	Grace Cowell, daughter of Jack Cowell
<b>District 4</b> .....	Alex Morales, grandson of Paul and Sharon Baggett
<b>District 5</b> .....	Cody Mattson, grandson of Patti Duty
<b>District 6</b> .....	Thomas Woods, son of Eric Woods
<b>District 7</b> .....	Justin Arias, son of Bob Arias
<b>District 8</b> .....	Sarah Sanchez, daughter of Alex Sanchez
<b>District 9</b> .....	Thomas Huggans, son of David Huggans
<b>District 10</b> .....	Monica Rodarte, daughter of Steve Rodarte
<b>District 11</b> .....	Sabrina Magdaleno, niece of Ruben Reta
<b>District 12</b> .....	Paula Mendoza, stepdaughter of John Vasquez

### **Golf Tourney** *continued from page 4*

Joe Curiel, Tom Barnard and Winfred DeLeon. Second place, with a net of 59 went to Jim Drago, Augustin Rosales, Steve Takigawa and Frank Maskovich, all of Structures Maintenance.

Golfers from Districts 2, 5, 6 and Headquarters, as well as from a number of private companies, participated in the tourney. A total of more than 150 golfers raised more than \$21,000, to be used for the purpose of assisting transportation workers in private companies and public agencies who are injured or killed while performing their duties.

This year's funds, added to those previously raised, bring the fund's endowment to more than \$110,000.

Over the past several decades, more than 160 Caltrans workers and many other private workers have been killed, and hundreds of others have been injured as a result of errant vehicles into highway work zones. Until the CTF began assisting them, these workers and their families had received minimal aid. Over the past decade, the CTF fund has disbursed a total of \$35,000 to assist the families or workers.

The CTF provides grants to public and private organizations and individuals to:

- Recognize outstanding performance and achievement in transportation
- Develop professional transportation employees through scholarships, career days and other means

- Assist transportation employees and their family members who are subject to misfortune and hardship
- Co-sponsor transportation seminars, conferences, research projects and studies
- Honor deceased employees, including naming transportation facilities authorized by the legislature

The CTF is a nonprofit corporation established in 1988. Donations are accepted either directly or through United Way.

## Exams Schedule

**The Caltrans Examination Office anticipates that the following examination bulletins will have a final filing date in November/December:**

Assistant Operations Security Officer (Open)  
Associate Budget Analyst (Promo)  
Caltrans Bridge Maintenance Supervisor (Promo)  
Caltrans Electrical Area Superintendent (Promo)  
Foundation Driller (Open)  
Maintenance Mechanic (Promo)  
Mechanical Engineering Technician I (Open)  
Personnel Supervisor I (Promo)  
Research Program Specialist III (TE) (Promo)  
Senior Personnel Specialist (Promo)

**The following examinations allow for continuous filing:**

Associate Right of Way Agent (Promo)  
Caltrans Electrical Technician (Promo)  
Caltrans Electrician I (Promo)  
Caltrans Electrician II (Promo)  
Caltrans Heavy Equipment Mechanic (Open)  
Caltrans Heavy Equipment Mechanic (Promo)  
Deputy Attorney, Caltrans (Open)  
Deputy Attorney III (Promo)  
Deputy Attorney IV (Promo)  
Legal Secretary (Promo)  
Transportation Engineering Technician (Open)  
Transportation Surveyor (Caltrans) (Open)  
Transportation Surveyor Party Chief (Caltrans) (Open)

**The following examinations allow for continuous filing on the Internet:**

Senior Environmental Planner (Promo)  
Senior Right of Way Agent (Promo)  
Senior Transportation Engineer, Caltrans (Promo)

Visit our Web site at [www.dot.ca.gov/hq/jobs](http://www.dot.ca.gov/hq/jobs) for open, promotional, CEA and MSDP examinations.

**DO YOU HAVE A SUGGESTION ON HOW TO IMPROVE STATE OPERATIONS? IF SO, YOU MAY BE ELIGIBLE FOR AN AWARD! CONTACT THE EMPLOYEE RECOGNITION PROGRAM AT (916) 227-9803 OR VISIT THE WEB SITE AT:**

<http://admin.dot.ca.gov/hr/recognition/index.shtml>

*Hat's Off*

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### District 4 Maintenance

Thank you on behalf of my community (Discovery Bay) for the patching and repair of Highway 4 between Discovery Bay (Byron Highway) and Sellers. Your crews have fixed the rut that has been wearing away in the asphalt. You guys at Caltrans have really helped us considerably! I cannot thank you all enough. I will let our community know that you have really given us top-notch service.

Respectfully,  
David Piepho  
Discovery Bay Homeowners Association

Dear Mr. Wenham:

Recently we contacted your office and spoke with Mr. Rob Stinger regarding a very unsafe road condition on Highway 70 in front of our business. There had been several very close near misses due to passing traffic on a passing lane on that portion of the highway. We called with a complaint, and a request to have your office look at the situation and remedy it.

Mr. Stinger, and I believe the other fellow's name was Mr. Reyes, were extremely helpful, and expressed concern also over our situation. They promised to follow up immediately, and they did! Within several weeks, (much sooner than we ever anticipated), we now have a double yellow stripe down that part of the highway. We are most appreciative towards both of those men that helped us get that done.

Very rarely does one expect to deal with a government agency and get such quick and satisfactory resolution. We very much want to thank both Mr. Stinger and Mr. Reyes for their prompt attention, which perhaps will prevent a terrible accident that was to surely happen without correction.

Sincerely,  
Forest and Sharon Dryden  
Loyalton, CA

### CT News is a Production of the Caltrans External Affairs Division

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